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SOUTH CAROLINA

Resource Center Newsletter



Volume 7, Issue 2, February 2017

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Resource Center News: Mayor's Bike and Walk Summit

Save the Date! The Mayor's Bike & Walk Summit will be held on May 4th and 5th at the IT-oLogy building in Columbia. The SC Safe Routes to School Resource Center is collaborating with the City of Columbia, Palmetto Cycling Coalition, Palmetto Conservation Foundation, and the SC American Diabetes Association to present this two-day learning event focusing on pedestrian and bicycle-friendly strategies. The Summit will include topics such as Mayor's Roundtable, funding resources, and pop-up infrastructure. This is an excellent opportunity to share ideas with and learn from elected officials, school district administrators, SCDOT officials, bicycle and pedestrian enthusiasts, and public safety personnel. Join us to learn and network with other schools and groups that are committed to creating safe and healthy environments for students! Click [here](#) to learn more about the Summit!



Rodney Oldham, CHES, CPT

From our State Coordinator:

February is American Heart Month, and its purpose is to raise awareness about heart disease and strokes. Honor American Heart Month by holding a "Heart Walk" at your school. Use our [HeartWalk Flyer](#) and other resources to help plan your event. Take this time to speak with your students about healthy lifestyles and how each person's choices can affect

Upcoming Event: Getting Ready for SC Walk to School Day

We have received over 100 registrations for SC Walk to School Day 2017 so far! Do not miss out!

[Register now!](#) The official event is scheduled for Wednesday, **March 8th**, and schools will be celebrating throughout March. Here are some creative ways to participate in SC Walk to School Day:

- Host a [Walk AT school](#) event with posters, music and incentives from the Resource Center.
- Tie in your event with the March of Dimes, Jump Rope for Heart, or St. Patrick's Day and Earth Day celebrations.
- Promote [park and walk locations](#) to include business partners or local grocery stores. Encourage them to donate water and healthy snacks.
- Organize a [Walking School Bus](#) or Bike Train.
- Plan a safety assembly and have students practice what they learned.
- Increase parent involvement by sending home letters, including blurbs in your school newsletter, and making announcements.
- Have students walk around the school's campus before or after school or during lunch.
- Plan a 5K event to kick off SC Walk to School Month in March.
- Host a poster contest and talk about walking and biking safety tips.
- Download sample [lesson ideas and activities](#) for the classroom to get students excited about Walk to School Day!

No matter the activity, the goal is to emphasize how walking and biking are healthy and fun. **[Click here to register now.](#)** **Incentive items for the events will be distributed on a first-registered, first-served basis.** Please contact your [School Outreach Coordinator](#) with any questions or to receive assistance with planning your school's SC Walk to School Day!

their heart health. The American Heart Association offers **free** lesson plans for [elementary school](#) and [middle school](#) students. Use Heart Month to introduce the idea of walking or riding a bicycle to school as ways to help lead a healthy life.

Spotlight on a Friend: Partners for Active Living

Partners for Active Living, in Spartanburg, teamed up with the Resource Center to theme SC Walk to School Day: "South Carolina Safety Superheroes". Every day, local safety superheroes such as police officers, firefighters, crossing guards, service men and women, and medical professionals help to keep our children safe. Celebrating with this theme can involve a variety of fun opportunities, including students and staff dressing as their favorite superheroes and inviting local safety professionals to participate in your school's event.

Do you know of an organization that deserves some hard-earned recognition for its efforts regarding SRTS-related initiatives? If so, please [complete this nomination form today!](#)

Grant Opportunity:

Partner Highlight: SC Walk to School Day Events

Upstate: Kinard Elementary School, in Clover, has one of the highest rates of walkers in the Clover School District. Students will be participating in Walk to School Day on March 8th by gathering with parents and high school athletes as they walk to school. Following their walks, students will receive a healthy breakfast from the school's food services.

Midlands: Cherryvale Elementary School, in Sumter will be participating in SC Walk to School Day on Wednesday, March 8th. Students will be walking around the neighborhood during the school day with their classroom. Along the route, the school has set up "safety checkpoints" where various staff members will share safety tips with students as they walk the route. At the conclusion of the route, students will receive safety pamphlets and a treat!

Lowcountry: Flowertown Elementary, in Summerville, wants to make sure that every student gets to walk for South Carolina Walk to School Day! They have each student walk around the bus loop as the day progresses. Students love the opportunity to walk, and the teachers love the positive effects of exercise during the school day has on the students.

Karma for Cara Foundation

Do you have a student who needs help getting a volunteer project going? The Karma for Cara Foundation can help. Launched in 2014, the foundation's mini grant program offers small, one-time grants for students to help jump-start or sustain community service projects. Perhaps a student would like to help senior citizens get out and walk or enable a biking program. If you have student who is interested, you can find out more information here: <http://karmaforcara.org/get-involved/apply-for-a-microgrant/>. Applications are due April 1, 2017.

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"**Like**" us to stay updated on interesting news articles, upcoming events and different funding and learning opportunities!



The SC Safe Routes to School Resource Center is a program of the South Carolina DOT